



Scott Spouses Newsletter

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How Can Your Key Spouse Help You?

The key spouse program is designed to enhance existing family readiness services. Trained volunteers, called Key Spouses, act as liaisons between the squadrons/organizations and family members to provide an information and referral network for families within their units, especially during, but not limited to, permanent changes of station, deployments, and remote assignments.

Their key responsibilities are to listen, contact, inform, and support. This program is not intended to replace ongoing unit formal or informal support systems but is intended to provide a system where one does not currently exist and enhance and strengthen systems already in place.

This program exists because the Air Force recognizes that current support services go a long way toward meeting the needs of our communities. Support

means different things to different people. Commanders usually view support in the larger perspective, concerned that people have good housing, medical and other services. First Sergeants provide support by getting things fixed for active duty personnel and their families—arranging appointments or dealing with the finance office. The military spouse views support very differently; areas of concern for spouses are things such as: loneliness, lack of companionship, disciplining the children, adequate social outlets, and handling the finances.

For these reasons the Key Spouse program was developed. The point of this program is to meet the needs of the

military spouse and to reduce deployment-related family problems.

Key Spouses are focal points for information and support to families in their units. They listen when people need to talk, and can point families in the right direction for various services. Key Spouses are important resources for military families because they are *peers*. As Air Force spouses, they “know what it is like!”

Spouses can learn more about the Key Spouse program by contacting their Squadron Commanders or First Sergeants, or by calling Katie Dile at the Family Support Center, 256-8668.



Savings Deposit Program Guarantees 10% Interest for Deployed

A Department of Defense program helps deployed troops tuck up to \$10,000 of their income away and earn a guaranteed 10 percent interest on their savings annually.

Troops can participate in the Savings Deposit Program if they are assigned outside the United States and receiving Hostile Fire and Imminent Danger Pay. Service members must serve 30 consecutive days in that assignment before

making deposits into the fund.

To make a deposit into the fund, troops need to contact their financial office while deployed. The last day to make a deposit into the fund is the date of departure from the theater. However, interest will accrue up to 90 days after return.

Troops can contribute more than \$10,000, but interest will not accrue after that amount.

Withdrawing the money before leav-

ing the combat zone is not authorized, unless there is an emergency. A [deployed member] would need proof of emergency and a letter from the command before the money would be released.

This savings program is not new—it provided Vietnam veterans a way to earn extra money while on their Southeast Asia tours. DoD reopened the program to Desert Storm troops in 1991. It is continuously running and available for deployed troops.

For more information, contact your local Finance office.

Excerpted from Stars & Stripes online at <http://www.estripes.com> and Army News Service at <http://www4.army.mil>.



Coming Home: A Guide for Spouses of Returning Service Members

As a spouse or child of an active, Guard or Reserve service member, who is just coming home or is arriving soon, you are probably both excited and nervous about the homecoming. Even if you have been through a mobilization/deployment before, this one has been different because of the increased stressors of the time. Regardless of your experience and service member's assignment, you will have a period of natural adjustment. You may find this information helpful in ensuring a successful homecoming and readjustment.

What to expect when the service member comes home

- ✧ You have become more confident and independent and your spouse has changed, too. Expect things to be different.
- ✧ It is normal to feel nervous and anxious about the homecoming. You may wonder whether your spouse will like the way you look, like what you've done with the house, be proud of you for how you've handled things, still need you, still love you.
- ✧ Plan for homecoming day. After homecoming, make an agreement with your spouse on the schedule for the next few days or weeks. Where do the children, parents, extended family members, or friends fit in?
- ✧ Realize the day of homecoming is very stressful. You and your spouse may not have slept much and may be worn out from preparations.
- ✧ Take time to get used to each other again. Reestablishing sexual intimacy will take patience, time and good communication—some people need to be courted again.
- ✧ COMMUNICATE! Tell your spouse how you feel—nervous, scared, happy, that you love and missed them. Listen to your spouse in return. The best way to get through the reacquaintance jitters, regain closeness, and renegotiate your roles in the family is by talking and actively listening.
- ✧ You've both been used to doing what you wanted during personal time. Feeling like you need some space is normal.
- ✧ Your fantasies and expectations about how life will be upon return may be just fantasies. Be prepared to be flexible.
- ✧ You and/or your spouse may be facing a change in job assignment or a move. Readjustment and job transition cause stress. This may be especially true for demobilizing Guard/Reservists who are transitioning back to civilian life.
- ✧ Be calm and assertive, not defensive when discussing decisions you have made, new family activities and customs, or methods of disciplining the children. Your spouse may need to hear that it wasn't the same doing these things alone, that you're glad he/she is back, and that you'd like to discuss problems and criticisms calmly.
- ✧ Reassure your spouse that they are needed, even though you've coped during the deployment. Talk about keeping some of the independence you've developed. It's best not to "dump" all the chores or only the ones you dislike back on your spouse.
- ✧ Your spouse may have seen or experienced some things that were very upsetting. Some normal reactions to these stressful situations are fear, nervousness, irritability, fatigue, sleep disturbances, startle reactions, moodiness, trouble concentrating, feelings of numbness, and frequent thoughts of the event. Talking with

others and/or counselors trained in crisis stress reactions is very important.

- ✧ Resist the temptation to go on a spending spree to celebrate the reunion. The extra money saved during deployment may be needed later for unexpected household expenses. Stick to your household budget. Show you care through your time and effort.

What to expect from your children

- ✧ Children may be feeling the same confusing things you and your spouse feel—worry, fear, stress, happiness, excitement. Depending upon their age, they may not understand how your spouse could leave them if he/she really loved them.
- ✧ They may be unsure of what to expect from your spouse. They may feel uncomfortable or think of him/her as a stranger.
- ✧ It's hard for children to control their excitement. Let them give and get the attention they need from the returning parent before you try to have quiet time alone with your spouse.
- ✧ Children's reactions to the returning parent will differ according to their ages. Some normal reactions you can expect are:
 - *Infants*—Cry, fuss, pull away from the returning parent, cling to you or the caregiver.
 - *Toddlers*—Be shy, clingy, not recognize the returning parent, cry, have temper tantrums, return to behaviors they had outgrown (no longer toilet trained).
 - *Preschoolers*—guilty for making parent go away, need time to warm up to returning parent, intense anger, act out to get attention, be demanding.
 - *School Age*—Excitement, joy, talk constantly to bring the returning parent up to date, boast about the returning parent, guilt about not doing enough or being good enough.
 - *Teenagers*—Excitement, guilt about not living up to standards, concern about rules and responsibilities, feel too old or unwilling to change plans to meet or



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spend extended time with the returning parent.

- ❖ Prepare children for homecoming with activities, photographs, participating in preparations, talking about dad or mom.
- ❖ Children are excited and tend to act out. Accept and discuss these physical, attitudinal, mental, emotional changes. Plan time as a couple and as a family with the children.
- ❖ Stay involved with your children's school and social activities.

Take time for yourself

- ❖ Look into ways to manage



stress—diet, exercise, recreation—and definitely take care of yourself!

- ❖ Make time to rest. Negotiate the number of social events you and your family attend.
- ❖ Limit your use of alcohol. Remember, alcohol was restricted during your spouse's deployment and tolerance is lowered.
- ❖ Go slowly in getting back into the swing of things. Depend on family, your spouse's unit, and friends for support.

Remember...

- ❖ Go slowly—don't try to make up for lost time.
- ❖ Accept that your partner

may be different.

- ❖ Take time to get reacquainted.
- ❖ Seek help for family members, if needed.

If you feel as though you are having trouble coping with adjustment, it is healthy to ask for help. Many normal, healthy people occasionally need help to handle tough challenges in their lives. Contact a counseling agency or a minister, a Military Family Center, Military Chaplain, the Veterans Administration, or one of the community support groups that has been established in your area.

24-Hour Information Line	256-HELP
Chapel	256-3303
Family Support Center	256-8668
Life Skills	256-7386

Get Some Stress Relief With a Free Aqua Massage at the HAWC

Scott AFB was first in the Air Force to acquire an Aqua Massage. The free Aqua Massage is available to anyone who can use Scott's Fitness Center and 15 minutes of free stress relief.

Commonly seen at shopping malls, the Aqua Massage was purchased with Air Mobility Command's Surgeon General Directorate prevention grant funds. The grant was approved because of the Aqua Massage's therapeutic value, such as relief of stress and muscle tension. Also, there is hope that the machine will motivate people to visit the Health and Wellness Center (HAWC) to take a wellness class and exercise since they are already at the Fitness Center.

The Aqua Massage is especially

beneficial after a good workout. The heat and pressure from the water help reduce the stress

levels within muscles. It also improves blood flow throughout the body, so less muscle stiffness and cramping occur.

The machine uses 36 water spraying jets that travel up and down the body. The computer controlled jets spray along an acrylic canopy covering

the user's back as he/she lies fully clothed and cushioned on his/her abdomen. Water pressure, temperature,

and pulsating frequency are adjustable during the massage.

Appointments are available in 15 minute increments

between 8 am-4 pm

weekdays. To make an

appointment, please contact the

HAWC at 256-7139.



Enter the Colossal Cookie Challenge at the Youth Center 7 July

The Youth Center is taking part in an Air Force-wide Colossal Cookie Challenge. This program provides an opportunity for all DoD connected individuals to show off their culinary skills. Cookies will be judged in four separate categories:

- ❖ Holiday or Special Occasion (decorated cookies)
- ❖ No Bake (no oven needed)



- ❖ Healthy (must contain fruits, nuts, or cereals)

- ❖ Cookie Makers Special (cookies that don't fit into any other category)

Bake a batch of your best homemade cookies (from an unpublished recipe) and submit them along with a list of ingredients and complete mixing and baking instructions.

A panel of cookie experts will judge

the entries at 2:00 pm on 7 July at the Youth Center. Participation certificates and awards will be presented. The recipes of winners in each category will be submitted to HQ AFSVA/SVPY for publication in the Family Member Programs *Colossal Cookie Challenge Recipe Book*.

For more information or to request an application form, please contact Karen Jalbert at 744-9862 or e-mail kjalbert@scottityouthcenter.com.

Free Family Child Care Programs

Returning Home Care is available for service members returning from being deployed for over a 30-day period. Children ages 12 years and under are eligible for 16 hours of care per child in the extended duty home on a space available basis. This care must be used within 30 days after returning home from deployment.

PCS Care is available to everyone that is PCSing to or from Scott AFB. All you need to do is take a copy of your orders to the Family Support Center and they will give you a certificate of eligibility and a list of certified in-home providers. You will receive 20 hours of free child care for each child under the age of 12. The Family Support Center will cover all costs. This care can be used to house hunt, to interview for a job, when the packers come, or just to go out to dinner. This care must be used within 60 days of your PCS.

If you have any questions about either of these programs, please contact the Family Child Care Office at 256-8047/8156.

Free Software Application Classes

The Microsoft Application Class is a basic computer class for military spouses. This course is a three-week, eight-session class and covers word-processing, Power Point presentations, and spread sheets.

The classes are in the evening, 6-9 pm: Tuesday, Wednesday, Thursday the first week; T, W, Th the second week, and T, W the third week. Class dates for the first session are July 12, 13, 14, 19, 20, 21, 26, 27. Additional sessions will be offered in November, January, and April. A completion certificate will be awarded at the conclusion of the class. Prerequisite: basic typing skills. Due to computer availability there will be only 10 participants per class. For more information or to reserve a seat call the Family Support Center at 256-8668.

Helpful Websites

Scott AFB Integrated Delivery System (IDS)

<http://public.scott.amc.af.mil/review/integrated/index.cfm>



Many people ask, "What is the IDS?" Here's the bottom line: The IDS is a gathering of helping organizations on base whose sole purpose is to help the Scott Air Force Base Community.

The IDS draws together expertise and resources of helping agencies to provide the optimal collaboration of services intended to enhance the spiritual, emotional, mental, and physical dimensions of Air Force members, their families, and communities. The Integrated Delivery System (IDS) is mandated in AFI 90-501, Community Action Information Board and Integrated Delivery System, as a sub-committee of the Community Action Information Board (CAIB). The IDS is established as the action arm of the CAIB and includes representatives of the CAIB organizations that have primary responsibility for providing family services and prevention and education activities related to individual, family, & community concerns.



Information about the purpose of the IDS and important phone numbers can be found on the home page. Information about various helping organizations both on- and off-base as well as information about Health and Wellness, Suicide Prevention, Work and Domestic Violence, and other important matters can be found by following the links on the web site.

The Scott AFB IDS Wellness Guide was developed to help members of the Scott AFB community know how to help and get help for others, and how to help and get help for themselves. Please use the guide and encourage others to use it as well. Helpful phone numbers with contacts can be found throughout the page, as well as at the end of the guide.

Expeditionary Family Event Calendar for July 2005

Date	Event & Time	Location	Phone
4	Old Fashioned 4 th of July Celebration, Noon-11:00 pm	Scheve Park, Mascoutah	229-9032
5	Comm. Youth Transition & Education Council, 1:00 pm	375AW Conference Room	256-9595
7	Colossal Cookie Challenge, 2:00 pm	Youth Center	744-9862
8	Brown Bag Reunion Lunch, 11:30 am-12:30 pm	Family Support Center	256-8668
9	BBQ and Swimming, 11:00 am-2:00 pm	Fitness Center Pool	256-8668
12	Enlisted Spouses' Club Meeting, 7:00 pm	Hospital Dining Hall (basement)	233-4690
15	Give Parents a Break, 6:00-10:00 pm	Child Development Center & Youth Center	256-8668
19	Book Discussion Group, 6:30 pm	Base Library	256-5100
21	Heartlink (for those new to the military), 8:00 am-1:30 pm	Family Support Center	256-8668
29-30	AAFES Tent Sale Bazaar	BX Parking Lot	744-0888

- **Events in bold are specifically Expeditionary Family Events for families of deployed/remote members**
- **Please call the number listed to ensure your place at the designated event/activity**

This newsletter is a product of the Scott AFB Integrated Delivery System (IDS) Team.
Find more helpful information online at <http://public.scott.amc.af.mil/review/integrated/index.cfm>.
